

## Handling Rejection - Lesson

**Lesson summary:** Learning to deal with rejection in a healthy way will have a very positive effect on the stability of your life and the ease with which you battle temptation.

**LUKE 6:22 (NIV)**

Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man.

Some struggle more with rejection than others, but it is a reality that often causes negative emotions in our lives.

We need to learn to effectively deal with all negative emotions.

### **What are some situations where you might have to deal with rejection?**

Sometimes you are rejected because of the stand you make for Christ. Sometimes it has nothing to do with taking a stand for Christ. It is sometimes harder to handle rejection based on those reasons than rejection for standing for God.

#### **Dealing with Rejection**

1. Give people permission to not like you.
2. It doesn't mean something is wrong with you, it doesn't mean something is wrong with them.
3. Evaluate accusations made about you. Go to God about it and search your soul to see if it is true. If it isn't, don't think any more about it.
4. You have to learn to become non-defensive, and the more you acknowledge specific sins and confess them, the easier it becomes.
  - a) Recognizing your poor condition before God is an important step in coming to a humble and stable place in your spirit.
  - b) Truly humble people think much more about others than themselves.
5. Recognizing who you are in Christ brings a stability to your life that He has accepted you and determined you are lovable enough to be loved and accepted.
6. No matter what, God is still on the throne.
7. Keep things in perspective, we are living for eternity.
  - a) This life of 100 years (if we are lucky) is a drop in the bucket compared to eternity.
  - b) Eternity starts with billions of years, and that's only the beginning of it.
  - c) Our lives are short, and the only thing that matters is who we become, and the only judge of that is God.
8. Keep your identity in Christ, not in how many people accept you.
9. Don't let your validation as a valuable person come from anything but who you know yourself to be, and who God says you are.
10. Being self-disciplined in your life and your relationship with God helps increase your level of self-respect so that rejection doesn't affect you as much.

### **What are some other ways of thinking that have helped you deal with rejection?**